

FOCUS ON FAMINE

**'It's very shameful that people are dying of hunger in 2017'**

- Hassan Ibrahim, **metroNEWS**

# Winnipeg **metro**

**LOOSE  
CHANGE**



250-pound Canadian coin  
— worth millions — nabbed  
in museum heist

**metroNEWS**

Your essential daily news | TUESDAY, MARCH 28, 2017

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JESSICA BOTELHO-URBANSKI/METRO

## TIME FOR THE SMOKE TO CLEAR

Advocates say Eddy  
Barahona's story shows  
why short-term marijuana  
solutions are needed

**metroNEWS**

**LABOUR COMPLAINTS**

**CITY  
RETURNS  
TO TABLE  
WITH  
UNIONS**

**'KEEPING  
FAMILIES  
TOGETHER'**

Feds fund Manitoba  
child welfare overhaul



**LONDON ATTACK**

**'No evidence'  
of Daesh link**

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## Downtown retail program helps launch businesses that last

### ENTERPRISE

### Three months of free rent is key to aiding new ventures



**Braeden Jones**  
Metro | Winnipeg

An initiative that helps businesses get started downtown is continuing this spring, having helped about a dozen budding entrepreneurs find their footing already.

The Downtown Winnipeg Business Improvement Zone's (BIZ) Launch It retail incubator provides three months of rent-free storefront space to start-up entrepreneurs like current Cityplace tenants Van Johan, that specializes in luxury male underwear and Motio Massage.

Jordan Schimnowski, owner of the latter business, said he never could have imagined having his own storefront downtown, but the Launch It program helped him prove the concept and then some.

"Since (opening) here at Cityplace, my clientele has grown

exponentially," said Schimnowski, who has grown his business from a mobile practice initially launched in 2013.

Since January, he said he's reeled in about 100 new clients, and he's also been able to roll out different essential oils and aromatherapy products, "which is creating some return business and buzz." He's more used to gaining "four or five" new clients each week.

"It's been quite a big difference," he said of being in the central location. "There are tons of new people popping in saying, 'hey we didn't know this was here.'"

"The increased volume has been a huge bonus." So huge, in fact, that Motio Massage is staying put. "I went forward and signed a longer term lease...



**I went forward and signed a longer term lease. It's been finalized, I'm probably going to be here for the next three years.**

Jordan Schimnowski

it's been finalized, I'm probably going to be here for the next three years," Schimnowski said, explaining how the Launch It support quite literally "helped me launch my business."

He's not the first. Launch It alumni include Friday Knights Clothing, Josiah Galleries, EPH Apparel, Lennard Taylor, The Bannock Factory and other local businesses.

BIZ spokesperson Erica Urias



Richard Johannes, B.A./Owner, VanJohan for Men at Cityplace. His store specializes in luxury male underwear. LYLE STAFFORD/FOR METRO

said she considers the program's success rate to be "100 per cent" because while not every business helped launch downtown stays put like Motio Massage, they all take something away from the process.

"Some have chosen to start a business in the downtown, some have chosen to start a business elsewhere, and others have determined that their business and or model need a different model to be successful," she said.

Motio was one of four businesses approved for the winter round of the program. The BIZ is currently accepting applications from potential participants for the summer round.



Jordan Schimnowski, RMT/Owner of Motio Massage Therapy in Cityplace. LYLE STAFFORD/FOR METRO



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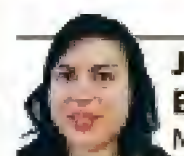
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# Cannabis advocate arrested at lounge

MARIJUANA

## Eddy Barahona charged as legalization looms



Jessica Botelho-Urbanski  
Metro | Winnipeg

As news leaked Sunday of the federal government's plans to table legislation legalizing marijuana by next summer, Eddy Barahona was emerging from a night spent in jail after being arrested and charged with pot-related offences.

"I don't understand how we can arrest people for practising with medicine or why we're still putting people in jail for something that's going to be legalized in a matter of time," he said in an interview Monday.

Barahona was rubbing his eyes, which still stung from being pepper-sprayed over the weekend, during an interview Monday at Vapes Off Main.

He volunteers at the medical marijuana lounge and resource centre on St. Mary's Rd., which he said was robbed by four masked men on Saturday night.

"One of them had a machete and put it to my face after he pepper-sprayed me," Barahona said.

After he punched one of the robbers and ran out the back door, Barahona said he called police.

When they arrived minutes later, Barahona said the tables were turned — him and a friend were arrested for having 10



Eddy Barahona said he and a friend were pepper-sprayed during an attempted robbery at Vapes Off Main then later jailed when police found drugs in the lounge. JESSICA BOTELHO-URBANSKI/METRO

marijuana plants and 10 vials of cannabidiol oils on site. The robbers got away unscathed.

Barahona said he and his friend spent Saturday night in jail and were released Sunday.

Barahona also said the products police found belonged to cancer patients, who use them on site, and neither the plants, nor the oils are sold for profit.

A police spokesperson confirmed Monday the lounge location at 958 St. Mary's Rd. "has been added to our marijuana grow-op list" as of Sunday. She said she couldn't elaborate on the alleged robbery and what items were seized at Vapes Off Main.

Canadian cannabis advocate Steven Stairs said the incident speaks to a public need to pressure police to "stop wasting our taxpayer dollars on arresting people who are just trying to help" medical marijuana patients.

"We need to be able to work somehow in the interim (before marijuana legalization) to find a way to let these people establish legal businesses while not getting arrested," Stairs said.

He called the pending pot legalization a great opportunity for Manitoba to be a leader in a burgeoning industry.

"The Conservative govern-

ment is known for being about less regulations, less taxes... that's all great for the cannabis industry," Stairs said, adding there should be regulatory frameworks in place for large-scale producers and small "mom and pop shops" wanting to sell pot.

Canadian marijuana stocks got a boost Monday following reports that the federal government will introduce a bill next month that aims to legalize pot by July 1, 2018.

Barahona reopened Vapes Off Main on Monday, too, affirming the lounge is "not intimidated or scared" to stay open.

WITH FILES FROM THE CANADIAN PRESS

LABOUR

## City continuing contract talks amid complaints



Braeden Jones  
Metro | Winnipeg

Negotiations between the city and its unions haven't exactly been going smoothly of late, as a special conciliator is bound for city hall to help settle one of a number of disputes.

On Tuesday, the provincially-appointed third party is stepping into contract bargaining between the city and its biggest union, the Canadian Union of Public Employees (CUPE) Local 500, after the two sides wound up locked in a stalemate.

The city filed an unfair labour-practice complaint against CUPE

at the end of February, and now its president, Gord Delbridge, said he's prepared to file a complaint of his own — but not before sitting down one more time.

Because negotiations are continuing, Delbridge said he can't delve into the specifics of what's gone wrong to date, but shared that an "unprecedented proposal package" from the city "created a lot of work" that CUPE had to step back from the bargaining table to review.

The perspective of Michael Jack, the city's Chief Corporate Services Officer, varies slightly from Delbridge's account — he said CUPE walked out of negotiations after seven minutes at the table, and "refused to allow

the city's bargaining team to go through its bargaining proposals and provide explanations."

He said appointing a conciliator seemed necessary.

"Even that conciliator had some problem getting CUPE back to the table," Jack said.

Delbridge said he views the conciliator as a "last resort," and any perceived reluctance to getting back to bargaining was due to his understanding that "typically a conciliator would mean that you'd meet separately."

Jack expressed a willingness to find a "fair and reasonable" solution to the ongoing negotiations, and eventually, a new contract for the more than 5,000 city workers CUPE represents.

"If we don't, obviously CUPE has certain options available to it, so does the employer," Jack said. "Either strike by CUPE or lockout by the employer — we don't want to see either of those happen."

There are at least two other dates in April scheduled for CUPE and the city to continue negotiations beyond Tuesday if need be.

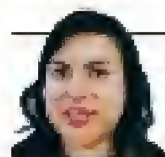
In addition to the conciliator being called into help with CUPE, the city is facing arbitration interest in negotiations with other unions whose contracts have expired, including the Winnipeg Association of Public Service Officers, The Winnipeg Police Association and the United Fire Fighters of Winnipeg.



# Hotel suites set to turn into micro-apartments

## DEVELOPMENT

### Osborne Village Motor Inn to get second life as mixed-use site



**Jessica Botelho-Urbanski**  
For Metro|Winnipeg

The Osborne Village Motor Inn has been boarded up since 2015, though new plans for the historic hotel were unveiled over the weekend.

Ken Yee, senior vice-president with Cushman Wakefield Winnipeg, is co-ordinating the commercial space on the main and basement floors of the building.

He's in talks with sports bars, restaurants, microbreweries and small grocery stores, all of whom may be interested in taking over tenancies. A full gutting of the hotel will happen by fall, Yee said, while the building reopening is slated for spring.

Both the main and basement



A design of the Osborne Village Motor Inn, set to house micro-apartments and commercial space. CONTRIBUTED

floors comprise about 23,000 square feet and there are plans to build adjoining patio space outdoors, Yee said.

The two upper floors will house micro-apartments, he added, ranging from 275 to 450 square feet with rents from \$975 to \$1,400. The residential space is managed by Fusion Capital Corp. No one from the company

was available for an interview Monday.

Yee said he didn't know the number of apartments that would be available, but said the new housing will help quench "huge demand" for housing in popular Osborne Village.

Yee said he's looking to mirror some local success stories with the new development,

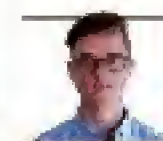
citing the sports and gaming lounge Underdogs on Portage Avenue and the Canadian Brew-house sports bar on Kenaston Boulevard as examples.

He said he isn't opposed to inviting major chain corporations to set up shop either.

"We think Osborne has the density to support (the mixed-use project)," Yee said.

## EDUCATION

### Celebrating firsts



**Braeden Jones**  
Metro|Winnipeg

There's something new in Seven Oaks school libraries for March break.

City Coun. Devi Sharma has donated copies of former Winnipeg Mayor Susan Thompson's autobiography, *Her Worship, Moments in History, Moments in Time*, to every high school in the Seven Oaks School Division.

The story of Winnipeg's first and so-far only woman to serve as Winnipeg's mayor was released in October 2016, shortly before Sharma and her council colleagues voted unanimously

to rename the city's administration building to the Susan A. Thompson building.

Sharma said she felt it fitting that she would donate the book, as she broke a bit of a glass ceiling herself when she became the first woman speaker of Winnipeg's City Council.

Brian O'Leary, Seven Oaks School Division superintendent, thanked Sharma for the gift, calling her a "fine role model."

A Maples Collegiate student council representative who received the donation, Gurveen Sidhu, called it a "breath of fresh air" to see "women empower themselves and each other."



## NORTH-END SHOOTINGS

### Police investigate crime Sunday morning

Two men are recovering from gunshot wounds to their hands following two separate shootings in the North End Sunday.

The first shooting near Main Street and Dufferin Avenue at around 1:45 a.m. resulted in a man, 30, going to hospital in stable condition.

Fifteen minutes later, police responded to a second shooting on Selkirk Avenue. A man, 25, was admitted to hospital in stable condition with a gunshot wound.

Police ask anyone with information to contact detectives at 204-986-6219 or Crime Stoppers at 204-786-TIPS (8477).

LUCY SCHOLEY/METRO

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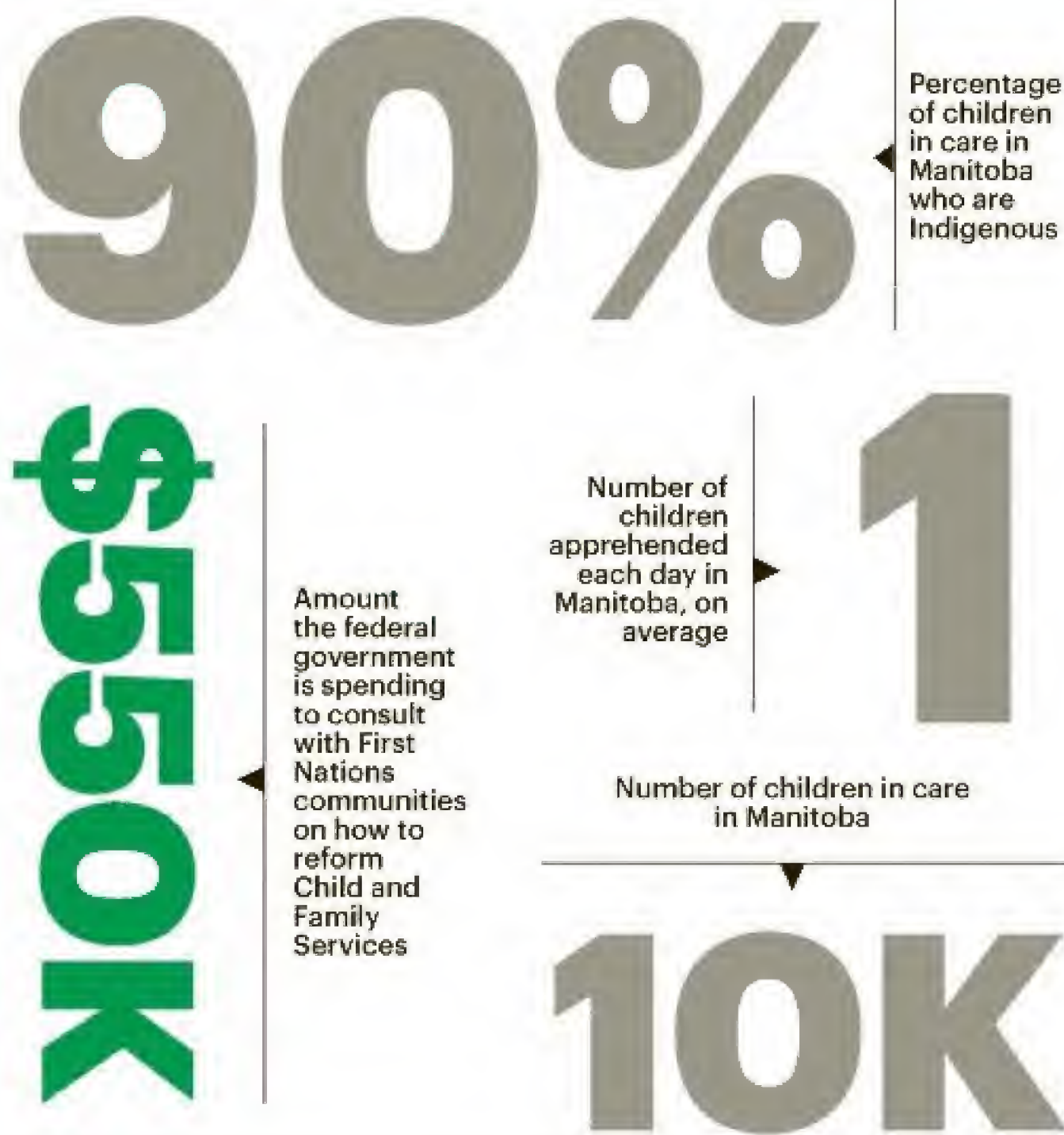


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# Chiefs paid to study child welfare reform

## INDIGENOUS AFFAIRS

### System set up to reward apprehension, critics argue

Canada's Indigenous affairs minister says Manitoba child welfare should move away from rewarding the apprehension of children to focus more on keeping families together.

"If agencies get more money because they've apprehended more children, and the money is going to lawyers to apprehend more children, that isn't where we want the money to go," Carolyn Bennett said Monday after an announcement in Winnipeg.

The federal government is giving the Assembly of Manitoba Chiefs \$550,000 to consult with First Nations communities across the province on how to reform Child and Family Services.

The system has been under scrutiny for years following several high-profile deaths and assaults, including the killing

of 15-year-old Tina Fontaine in 2014 after she ran away from a hotel where she was in government care.

Assembly Grand Chief Derek Nepinak said child welfare in Manitoba is "financially incentivized to apprehend children and keep them maintained away from their family."



**What we want is for families to be empowered to look after the kids.**

Carolyn Bennett

"Successful real change ... will be measured by the ability of our agencies to focus their energies on family restoration opposed to child apprehension," he said in a statement.

Cora Morgan, Manitoba's First Nation's children's advocate, said the current system is essentially an extension of residential schools and the '60s Scoop in which Indigenous children were

taken from their parents and adopted into non-Indigenous households.

The child-welfare funding model needs to change so funding is given directly to communities, she suggested.

"We need preventative services and we need opportunities to deal with trauma and tragedy," Morgan said.

"We need investments in our communities so that if there's a child in need of protection it doesn't necessarily mean that the province of Manitoba is taking responsibility for that child."

"We'll have mechanisms in our own communities that can step in and keep our children in our communities and ensure that they're safe and healthy."

Scott Fielding, Manitoba's family services minister, was unavailable for comment.

The Assembly of Manitoba Chiefs has already held consultations with a number of First Nations leaders, elders and youth. It expects to have visited 20 communities once it finalizes a report by the end of June for the federal government. THE CANADIAN PRESS

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The Syncrude oilsands plant, north of Fort McMurray, Alta., in 2009. **Environment Canada says oil prices and economic growth are some of the factors that will impact Canada's greenhouse gas emissions.** MARK RALSTON/AFP/GETTY IMAGES FILE

# Emission target is elusive

ENVIRONMENT CANADA

## Report says we are on pace to miss reduction target for 2030

Environment Canada is projecting that, based on policies in place last November, the country was on pace to miss its reduction target for greenhouse gas emissions by 2030, pumping out at least 30 per cent more than promised that year.

The projections, which were compiled in February and published online this month, are not a forecast of how emissions will change in the coming years. The report describes the projections more as an educated guess based on policies in place as of Nov. 1, 2016.

The projections don't factor in technological and regulatory changes after that day, for example, and are "most appropriately viewed as a range of plausible outcomes," the report says.

The biggest development since Nov. 1 is the unveiling of the Pan-Canadian Framework on Clean Growth and Climate Change, a federal-provincial

deal to cut emissions that was inked last December.

Erin Flanagan, director of federal policy for the Pembina Institute, said the report is nonetheless a "red flag," as it underlines how the government must remain vigilant and committed to cutting emissions that contribute to climate change.

"It is a constant reminder that our job is not done," Flanagan said.

"Politicians have an unhelpful habit of announcing plans and thinking that the announcement means they can transition to other priorities. We need to see constant engagement from the federal government, and from the provinces and territories."

According to the Environment Canada projections based on policies as of Nov. 1, Canada will emit between 697 megatonnes and 790 megatonnes of greenhouse gases in 2030, depending on a range of factors that include oil prices and the rate of economic growth.

Canada's goal under the Liberal government is to cut emissions to 523 megatonnes in 2030 — a reduction of 30 per cent below 2005 levels.

FORSTAR NEWS SERVICE

GERMANY

## Massive Canadian gold coin gets pinched

A massive gold coin issued by the Royal Canadian Mint has been stolen from a museum in Germany.

Police in Berlin say thieves broke into the German capital's Bode Museum before dawn Monday and made off with the 100-kilogram gold coin worth millions of dollars.

The "Big Maple Leaf" coin, which is three centimetres thick with a diameter of 53 centimetres, has a portrait of the Queen on one side and maple



The "Big Maple Leaf" coin

leaves on the other.

The museum, which has one of the largest coin collections in the world, said on its website that coin has been on loan in its numismatic collection since 2010.

It was issued by the Royal Canadian Mint in 2007 and it is in the Guinness Book of Records for its purity of 999.99/1000 gold.

Royal Canadian Mint spokesman Alex Reeves says the coin does not belong to the mint and

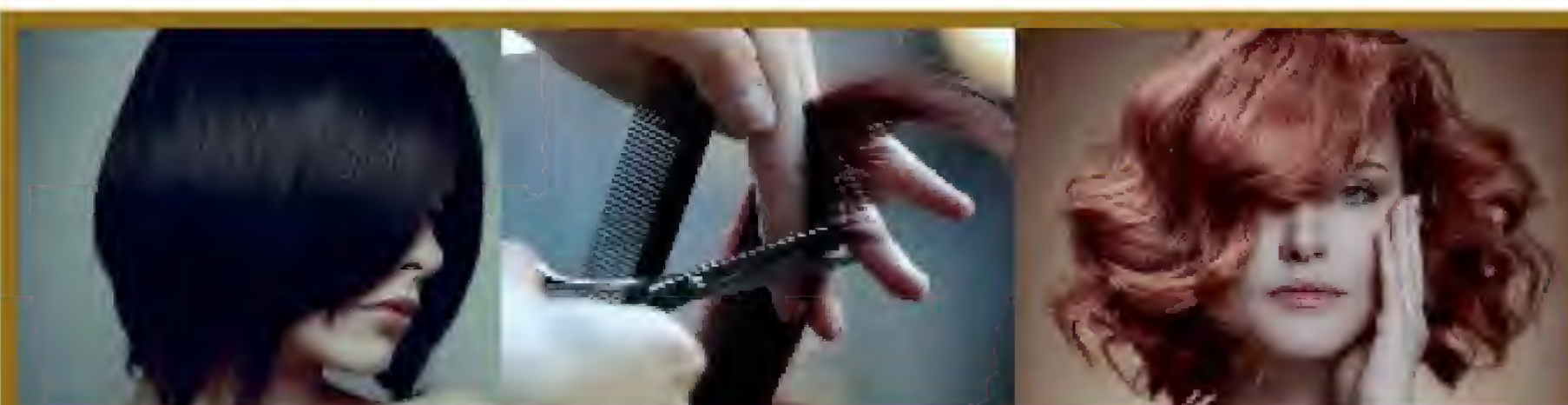
the owner is unknown.

He said it has a face value of \$1 million, but by weight alone it would be worth almost \$4.5 million US at market prices.

Museum spokesman Stefan Petersen said Monday the thieves apparently entered through a window at about 3:30 a.m., broke into a cabinet where the coin was kept, and escaped with it before police arrived.

He added that a ladder was found by nearby railway tracks.

THE CANADIAN PRESS



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# Police investigating attacker's motive

## LONDON ATTACK

### 'No evidence' that Khalid Masood had link to Daesh

Police have found no evidence that the man who killed four people in London last week was associated with the Islamic State group or al-Qaida (a.k.a. Daesh), a senior British counterterrorism officer said Monday.

Deputy Assistant Commissioner Neil Basu of the Metropolitan Police said Westminster attacker Khalid Masood clearly had "an interest in jihad," but police have no indication he discussed his attack plans with others.

Basu, who also serves as Britain's senior national co-ordinator for counterterrorism policing, said Wednesday's attack — in which Masood ran down pedestrians on London's Westminster Bridge before fatally stabbing a policeman guarding Parliament — "appears to be based on low-sophistication, low-tech, low-cost techniques copied from other attacks."

Masood was shot dead by police after his deadly rampage, which police have revealed lasted just 82 seconds.

Police believe Masood — a 52-year-old Briton with convictions for violence who had spent several years in Saudi Arabia — acted alone, but are trying to determine whether others helped inspire or direct his actions.

Detectives on Monday continued to question a 30-year-

old man arrested Sunday and a 58-year-old man arrested shortly after Wednesday's attack. Both were detained in the central England city of Birmingham, where Masood had recently lived.

Prime Minister Theresa May said last week that Masood was "a peripheral figure" in an investigation into violent extremism some years ago. But Basu said he was not a "subject of interest" for counterterrorism police or the intelligence services before last week's attack.

Masood was born Adrian Elms, but changed his name in 2005, suggesting a conversion to Islam.

His mother, Janet Ajao, said Monday she was "deeply shocked, saddened and numbed" by his murderous actions.

In a statement released through the police, Ajao said that "since discovering that it was my son that was responsible I have shed many tears for the people caught up in this horrendous incident."

Basu said there was no sign Masood was radicalized during

one of his stints in prison, the last of which was in 2003.

"I know when, where and how Masood committed his atrocities, but now I need to know why," Basu said.

"Most importantly, so do the victims and families."

As Basu appealed for anyone who spoke to Masood on the day of the attack to come forward, the British government repeated calls for tech companies to give police and intelligence services access to encrypted messages exchanged by terrorism suspects.

Masood used the messaging service WhatsApp just before he began his attack. Home Secretary Amber Rudd said Sunday that such services must not "provide a secret place for terrorists to communicate with each other."

Rudd is due to hold a previously scheduled meeting with internet companies on Thursday.

Prime Minister Theresa May's spokesman, James Slack, said tech firms "should be helping us more" to prevent terrorism.

THE ASSOCIATED PRESS

Since discovering that it was my son that was responsible I have shed many tears for the people caught up in this.

Janet Ajao

## HONG KONG ESCALATOR ACCIDENT SENDS PASSENGERS HURLING



Video footage shot by witnesses showed that an upwards escalator at Mong Kok mall in Hong Kong suddenly reversed and went downward at an obviously higher speed, causing dozens of passengers to lose their balance and tumble down. "It was so sudden that people couldn't respond in time ... more than 10 people piled up near the base of the escalator," shopper Lau Kit-ying told the South China Morning Post. The escalator reportedly passed a safety inspection just last week.

TORSTAR NEWS SERVICE/SCREENGRAB

VIDEO ON THE METRO APP

## AIRLINE

### Leggings are allowed: United

United Airlines says regular-paying flyers are welcome to wear leggings aboard its flights, even though two teenage girls were barred by a gate agent from boarding a flight from Denver to Minneapolis because of their attire.

An airline spokesman said that the girls were travelling Sunday under an employee travel pass that includes a

dress code. The move sparked a wave of online criticism against United. Comedian Sarah Silverman tweeted that she would change her United flight bookings to other airlines for a tour next month because of the leggings issue.

Chicago-based United sought to clarify its stance in a post on its website late Sunday titled, "To our cus-

tomers ... your leggings are welcome!"

The post says employees are "regularly reminded" about its dress code.

One of United's competitors, Delta, had some fun with the controversy Monday, tweeting: "Flying Delta means comfort. (That means you can wear your leggings.)"

THE ASSOCIATED PRESS

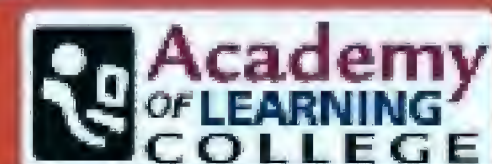
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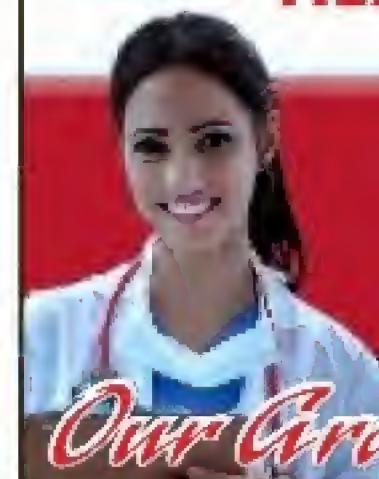
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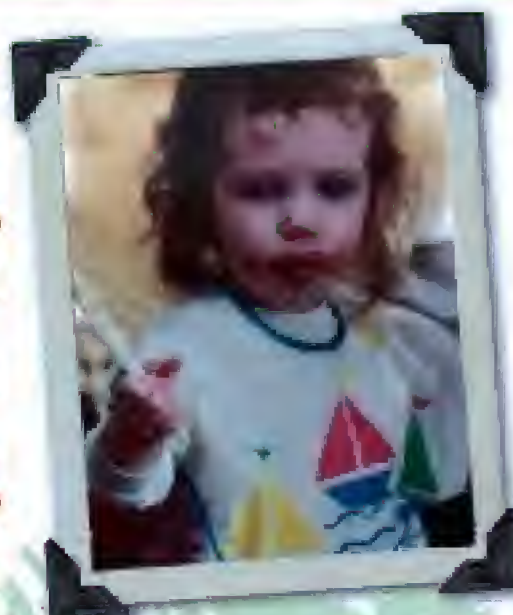
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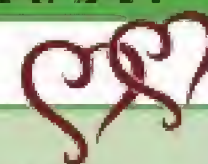
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How "engaging"  
can you be?



Kimberley and Dustin shared their first date at Enigma Escapes, playing The Lucky Duck Speakeasy. Since then, they've completed nearly all the rooms. Recently Dustin surprised Kimberley by asking for her hand in marriage at the conclusion of Blackbeard's Brig. The happy couple is creating a "first-date prize package" for their social which will include, of course, an Enigma Escapes gift certificate. They are also coming to take wedding pics at Enigma to symbolize the significance to their relationship.

Awwww.

To date 9 couples have become engaged at Enigma. We agree...Enigma is an engaging place!



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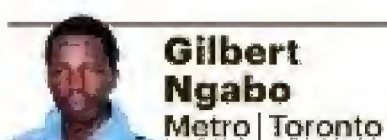




The UN World Food Program warned the situation could mirror the 2011 crisis that killed about 260,000 in the Horn of Africa. THE ASSOCIATED PRESS

# 'Just heartbreaking'

Drought and armed conflict have left much of Somalia grappling with starvation



**Gilbert Ngabo**  
Metro | Toronto

The story still gives Hassan Ibrahim nightmares.

Earlier this year, a woman and her three young children left Somalia's northeastern region of Garoowe, one of the areas hit hardest by the ongoing drought. They walked 10 days to Mogadishu, the capital city where many non-profit organizations have been assisting thousands of Somalis. By the time she reached it, all three of her children had starved to death on the way.

"Just heartbreaking," said Ibrahim, originally from northern Somalia but a resident of Canada for more than 20 years. "It's very shameful that people are dying of hunger in 2017. There's just too much wealth in the world, and this famine situation could have been easily prevented."

Somalia is one of four countries facing famine, a result of both long drought and the ongoing conflict with terrorist rebels Al Shabab. By the end of last month, more than 250,000 people had left their rural homes to join settlements in urban areas or cross the border into neighbouring countries.

The UN World Food Program, one of many groups providing assistance on the ground,



Members of the Somali Canadian Task Force on Famine Prevention in Somalia have teamed up with Islamic Relief Canada to raise funds that will help buy food. CONTRIBUTED

## HOW YOU CAN HELP

Somali-Canadians across the country and many other NGOs are leading efforts to assist those affected by famine in Somalia:

**Somali Canadian Task Force on Famine Prevention in Somalia:** Formed last month as a response to the ongoing famine, the group has raised over \$300,000 through Islamic Relief Canada. More info at [islamicreliefcanada.org](http://islamicreliefcanada.org)

**Horn of Africa Development Assistance:** The Ottawa-based non-profit runs development projects in Somalia aimed at fighting poverty and building capacity. To get involved or donate, visit [hada.ca](http://hada.ca)

warned the current situation could mirror the 2011 crisis, when a full-blown famine in the Horn of Africa killed about 260,000 people.

Members of the Somali Canadian Task Force on Famine Prevention in Somalia have teamed

up with Islamic Relief Canada to raise funds that will help buy food supplies for people affected by famine.

But Ibrahim, 42, fears it could get worse, especially since signs of hunger are now spread all over the country.

## ABOUT THIS SERIES

Metro is chronicling the story through the lens of immigrants from the affected countries, with a focus on how people can get involved.

**Monday** Vicky Mochama on how Canada can step up its interventions.

**Tuesday** Focus on Somalia, and how this could be worse than 2011.

**Wednesday** Yemen, and the role of war in the ongoing famine.

**Thursday** The situation in South Sudan, the world's youngest country.

**Friday** Nigeria, with views from diaspora members and a local expat

"People are losing 500 or 600 heads of camels and sheep and cows," he said, noting the country mostly subsists on the cattle industry. "This is the worst we've seen in our lifetime."

Ibrahim and other Somali Canadians are leading fundraising efforts across the country. Last month, the newly formed Task Force on Famine Prevention in Somalia sent a letter to Justin Trudeau asking him to do more.

"We just want the world to know they can help save lives," he said.

## BY THE NUMBERS | SOMALIA



**1 in 2**

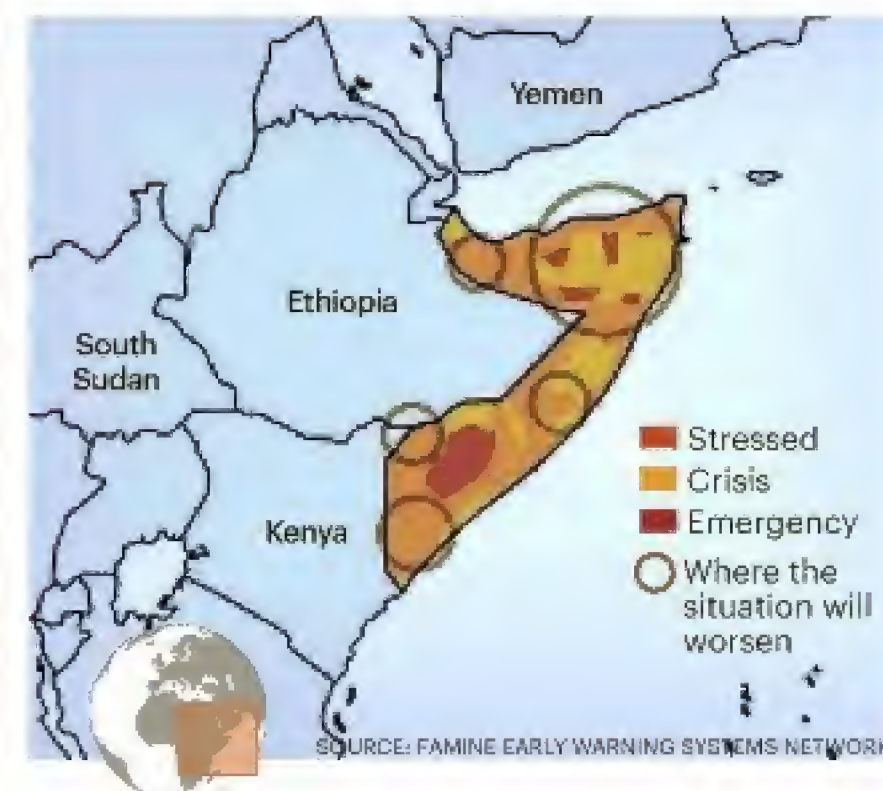
Somalia has a population of 12.3 million. Of its entire population, nearly **6.2 million people are food insecure**



**363,000** children under five are acutely malnourished

**\$283.7 million** / **\$863.5 million**  
Total funds raised to avert the famine crisis / Total funds needed

SOURCE: UN OFFICE FOR THE COORDINATION OF HUMANITARIAN AFFAIRS



SOURCE: FAMINE EARLY WARNING SYSTEMS NETWORK



# New code for egg farmers

ANIMAL WELFARE

## Cramped cages for hens to be phased out over 15 years

The Canadian Federation of Humane Societies says a new code of practice for egg farmers will help reduce the extreme stress suffered by egg-laying hens and

give consumers some assurance about the term "cage-free."

The National Farm Animal Care Council code released Monday calls for producers to phase out the use of small, cramped cages for hens over the next 15 years and sets new care standards for the birds.

Ninety per cent of egg-laying hens live in cramped cages, but the code will help egg farmers make the transition to more humane practices, federation

president Barbara Cartwright said.

Battery cages are so small that hens can't walk or spread their wings for their entire lives. No more of these cages are to be built in Canada as of Saturday.

The new code says at least 85 per cent of hens should be housed in larger enclosures known as "enriched cages" or should be "cage-free" by 2031. The code also spells out standards of care to ensure that hens

can perch and forage for food, have boxes to nest in and better care if they become sick or hurt.

Roger Pelissero, chairman of Egg Farmers of Canada, said the transition will be a challenge for some of the organization's 1,000 regulated farmers as they look at upgrading their equipment. He said the transition's speed will partly depend on demand for eggs and the price consumers are willing to pay.

THE CANADIAN PRESS



Some 17,000 hens and one rooster at Pelissero's egg farm in West Lincoln, Ont., live in new enriched colony housing cages that may be the envy of others in Canada. THE CANADIAN PRESS

NEW YORK CITY

## Fearless Girl staying

The statue of a young girl staring down Wall Street's famed Charging Bull will remain in place through February 2018 instead of being removed this coming Sunday, the mayor of New York said. Mayor Bill de Blasio appeared with the Fearless Girl statue on Monday on the lower Manhattan traffic meridian where the two bronze figures face each other.

The four-foot, 250-pound

ponytailed girl was installed this month to highlight the dearth of women on corporate boards as she stands strong against the 11-foot-tall, 7,100-pound bull. The girl became an instant tourist draw and Internet sensation.

On Monday, a group of prominent women met to honour the artist, Kristen Visbal, and State Street Global Advisors, the firm that commissioned the work.

THE ASSOCIATED PRESS

## 150 WAYS of looking at Canada

POSTCARD NO. 56

KAMLOOPS LAKE, SAVONA, B.C.



I DISCOVERED MY FAVOURITE PLACE ACCIDENTLY WHILE PULLING OVER AT A REST STOP. WANTING TO EXPLORE THE AREA, I COULDN'T BELIEVE WHAT I SAW HIDDEN BEHIND SOME TREES: THE MOST AMAZING POSTCARD VIEW OF KAMLOOPS LAKE, 10 MINUTES EAST OF SAVONA, B.C. **WIL WONG**



### SEND US YOUR POSTCARD

Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at [scene@metronews.ca](mailto:scene@metronews.ca) or post to Instagram or Twitter with the hashtag #150postcards.

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BLUEPRINT by Sarah-Joyce Battersby

# A whole solution in half a house

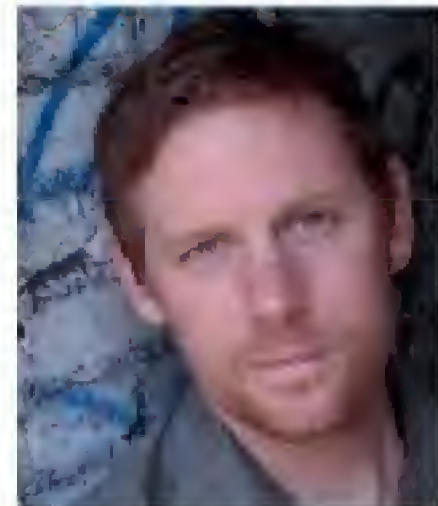
Forget giving it 110 per cent — when it comes to affordable housing, 50 per cent gets the job done. Build half a house. That's Chilean architect Alejandro Aravena's plan to tackle the global housing shortage. Dubbed 'incrementality,' the plan has earned Aravena international acclaim. **Metro asked Michael McClelland, founding partner of ERA Architects, if it could happen here.**



- 1 Guidance required** Half-houses already built in Mexico and Chile feature a full frame and a line down the middle. One half is a fully functioning home. The other is empty space the new owners can fill as they wish. The design cuts costs and creates pride of ownership for residents.
- 2 The right tenant** Nothing inherent in the plan would stop Canadians from trying it, said McClelland, but it could be more suitable for particular tenants. He envisions affordable live-work spaces, with housing completed by pros and the workspace handed over to artists.
- 3 Location, location, location** Plunking a subdivision of half-houses into dense urban areas isn't likely, said McClelland, but large areas slated for development are an ideal canvas.
- 4 After the War** Amateur house-building kits were popular after the Second World War, when housing needed to go up fast. To that end, Aravena's firm released drawings for four of its low-cost designs for free download by others wanting to emulate the project.
- 5 Now's the time** The federal budget released last week included \$11.2 billion for housing initiatives over 11 years. That means it's the perfect time to start dreaming up big, bold ideas, McClelland said.

WORD ON THE STREET by David Hains

## Five simple steps to build a happy city



Charles Montgomery  
TORSTAR NEWS SERVICE

For urbanist author Charles Montgomery, the overriding goal of city planning is clear: Make people happy. Montgomery, the author of the 2013 book *Happy City*, had this revelation when he learned about Enrique Penalosa, the former mayor of Bogotá, Colombia, who dedicated himself not to increasing the Colombian capital's GDP or reducing crime, but to increase residents' happiness. Earlier this month, Canada ranked seventh of 154 countries on the UN's World Happiness Report: Not bad, but still our lowest score ever. Canadian cities could be happier. We asked Montgomery how.

**Experiment** Montgomery said cities should try new ideas and measure what works. "The city is a laboratory," he said. **Understand what makes happiness** Some of the metrics behind happiness, like GDP per capita and life expectancy, are predictable. But others aren't as obvious, including generosity, trust and the freedom to make

life choices. Montgomery said these elements are critical to building a happy city, and the greatest contributor to unhappiness is low social trust. **People want to live in happy cities** If you ask people where they would like to live, there's a good chance they'll describe a happy city, where there's the freedom to walk to work or shopping, and spaces to interact with neighbours and be close to nature. **Authentic spaces** Montgomery said the best

public spaces for happiness are non-corporate and comforting. He cites a Portland, Ore. neighbourhood that transformed an intersection into a public piazza. "There was a blast radius of happiness around there," he said. **Power to the people** In order to enable more of these happy spaces, Montgomery said people should feel empowered to shape their city. "Most of us never get a chance to co-create our lives in cities," he observed. But we'd be happier if we did.

### PUBLIC WORKS The week in urbanism



#### GODZILLA VS. CARS

An urban designer slash comic-maker is highlighting the perils of being a pedestrian in Delhi (where 17 people die in traffic accidents every hour). In one of his short animations, people tower over the city, flicking away cars.

#### BEING JANE JACOBS

Have you ever wanted to take down the Godzilla of urban planning, New York's highway-loving Robert Moses? With the free mapping tool Un-Moses, you can. Built by Jeff Sisson, the tool removes urban highways from your city of choice to reveal all the opportunities that lie beneath.

### URBAN DICTIONARY

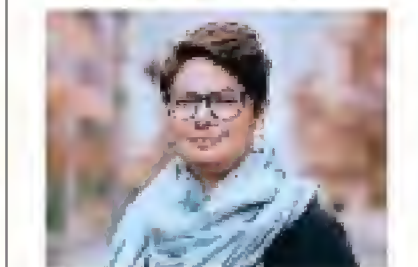


**DEFINITION** **Placemaking** has become increasingly popular since the 1960s, and refers to a process and philosophy for making good public spaces. It's all about "strengthening the connection between people and the places they share," according to Cities for People.

**USE IT IN A SENTENCE** When the public square was re-purposed for a concert and public art done by kids, it was **placemaking** in action.

### CITY CHAMP

Vancouver-based **Melissa Bruntlett** and her partner sold their family car in 2010 and soon after launched Modacity, a website and consulting firm promoting cycling, walking and public transit. She also pens a #WomenInUrbanism series. **@mbruntlett**







## Chefs aim to raise awareness of traditional native foods

Lenore Newman, a B.C. professor with a Canada Research Chair in food security and environment, says the country is

Tina Ottobreyes manages Tea-N-Bannock, where the menu reflects different First Nations groups. A sample of a meal shared on Instagram: soup, bannock and wild salad (top right). Another eatery, NishDish, serves Anishinaabe cuisine such as gluten-free corn cake with blueberry coulis (below right). RANK GUNN/THE CANADIAN PRESS; INSTAGRAM



"Then you enter this horrible period where indigenous cuisine was actively destroyed and used as a weapon. The biggest example is the clearing of the bison and how that was basically a genocide," says Newman.

Tina Ottereyes, who manages Tea-N-Bannock, agrees First Nations food is "very underrepresented" in Canada's restaurant

"We're starting to share more of our culture and more of our food," says Ottereyes, from Wemindji Cree First Nation on James Bay in Quebec.

Though meats like elk and bison are prepared tradition-

THE CANADIAN PRESS

\*No purchase necessary. Entry period is Monday, February 6, until Friday, March 31, 2017 at 11:59 pm. Odds of winning depend on total number of prizes available. One prize per person. Void where prohibited. © 2017 The Coca-Cola Company. All rights reserved. For more details, see the official rules at [www.coke.com/2017](http://www.coke.com/2017).







JOHANNA SCHNELLER WHAT I'M WATCHING

# Final Girls season is brilliant

**THE SHOW:** *Girls*, Season 6, Episode 4 (HBO)  
**THE MOMENT:** Desi's rehab

Desi (Ebon Moss-Bachrach), a musician, is in rehab. With a facilitator present, he confronts his ex-wife, Marnie (Allison Williams). "I've been thinking," Desi begins. He coughs. "Can I have some water?" Slowly, he pours water into a glass. More slowly, he drinks. With the glass half empty, he pauses. He drinks again.

Finally, he speaks. He tells her she made everything worse, and then when he was struggling, she walked away.

"I shut down?" she protests. "I gave up? Do you have any idea how hard this has been for me? I have bruises all over my body from the two-hour massages that I need to deal with the stress of your addiction."

I have loved this series from the beginning, but this final season is brilliant. Creator Lena Dunham, her writers, cast and crew are killing it in every direction, pushing each moment to its limit.



Marnie's (Allison Williams) narcissism is on full display in the final season of *Girls*. CONTRIBUTED

The criticism that's been levelled repeatedly at this show is that the characters are self-involved — as if Dunham's unaware of that; as if she's not deliberately parsing that behaviour. With this episode, she's throwing down: You think they're narcissists? I'll show you narcissism.

Just watch what Williams does with her body as Desi pours that water. Marnie simultaneously writhes with impatience yet believes that she's being supremely controlled and mature. She's feigning open-mindedness but is clearly just waiting for noises to stop coming out of Desi's

mouth so it can be her turn to speak. He's every bit as magnificently monstrous. It's narcissism as pure comedic gold.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

## TV AND FILM

## Jenkins switches to TV for next project

Moonlight director Barry Jenkins will follow up his Oscar-winning film with a drama series for Amazon based on Colson Whitehead's *The Underground Railroad*.

Amazon announced Monday that it will develop the TV series, with Jenkins writing and directing the adaptation of the 2016 National Book Award winner. Whitehead's *The Underground Railroad* is a part-historic, part-surrealistic novel about a slave who escapes on an actual railroad.

"Going back to *The Intuitionist*, Colson's writing has always defied convention, and *The Underground Railroad* is no different," said Jenkins in a statement. "It's a groundbreaking work that pays respect to our nation's history while using the form to explore it in a thoughtful and original way."

Jenkins has already been at work on the series, though how many episodes are planned was not announced. He is to write and direct.

*Moonlight*, which last month won best picture, was Jenkins' second film following

2008's well-regarded but little-seen *Medicine for Melancholy*. Made for just \$1.5 million, *Moonlight* has grossed more than \$56 million worldwide. It also won Academy Awards for Jenkins' screenplay, based on Tarell Alvin McCraney's play, and for Mahershala Ali's supporting performance.

*The Underground Railroad* will reunite much of the team behind *Moonlight*. Like that film, it will be produced by Adele Romanski and Brad Pitt's Plan B.

THE ASSOCIATED PRESS



Barry Jenkins' next project? *The Underground Railroad*.

ASSOCIATED PRESS

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SPONSORED CONTENT

# HEALTH AND WELLNESS

## Meeting accessible-living requirements in Winnipeg

Recognizing the high demand for affordable and accessible living in Winnipeg, a local developer is meeting those needs head on.

EdgeCorp Group has recognized there is a significant demand in Winnipeg for affordable and accessible housing and they wanted to address that need, according to company president Keith Merkel.

"We were interested in addressing a need in Winnipeg's underserved accessibility-challenged community. This is an exciting project as it is designed to meet the needs of a wide range of Winnipeg residents from those in the immediate area, to residents that want to live close to work, education or downtown entertainment," Merkel says.

"The Icon on Portage is a unique, modern

condo development that will integrate residents from different backgrounds." The Icon on Portage is located at the corner of Portage and Minto, in close proximity to downtown, Broadway, Wolseley, and the west end and is well-served by transit.

With thoughtfully designed accessible suites, The Icon will make everyday living easier for people with limited mobility. Accessibility features include six feet of turning space in all rooms, doors with 36-inch openings, interior plugs and switches that are all located at an accessible level, and carefully selected millwork heights and appliances. Each accessible unit has one indoor handicap parking stall included in the price.

"Whether you're in an accessible suite or in one of the building's other luxurious condos, you'll



CONTRIBUTED

enjoy a comfortable lifestyle," Merkel adds. The one, two and three-bedroom units at The Icon feature clean and modern finishes, nine-foot ceilings, concrete balconies, energy efficient building systems, and indoor and surface parking options.

"Energy efficiency goes to the heart of reducing operating costs and the ability to keep the units affordable. We are excited to provide an

energy efficient option for Winnipeggers."

The Icon will be EdgeCorp's second Manitoba PowerSmart building, helping residents save money on their hydro bills.

For more information about The Icon, contact David Carr at Monopoly Realty at 204-230-6129 or visit [theicononportage.com](http://theicononportage.com). Stay tuned for updates.



## ACCESSIBLE LIVING IN STYLE

### 8 UNITS HAVE BEEN DESIGNED WITH ACCESSIBILITY FEATURES

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STARTING AT: **\$259,900**  
TWO IN-SUITE PARKING SPACES

**SUITE G ACCESSIBLE DESIGN**  
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ONE IN-SUITE PARKING SPACE



### WELCOME HOME

**THE ICON** will be located at the corner of Portage Avenue and Minto Street. This exceptional West End location is situated on the edge of Wolseley, in close proximity to West Broadway and minutes from downtown and Polo Park. The site provides future residents access to these fabulous areas by foot, bike, bus or car.

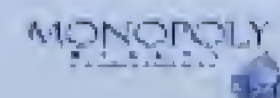
### ACCESSIBLE LIVING

In-suite accessible design features include:

- 6' turning space in all rooms
- No step at balcony threshold
- 3'-0" clear door openings
- Bathroom equipped with wheel-in shower and/or barrier-free tub/shower combo
- Kitchen millwork and work surfaces modified to allow for open knee space
- Kitchen design offers variations in counter height and wheel-up sink
- Side by side in-suite front loading washer/dryer
- Dishwasher, wall oven, cooktop and fridge

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The Winnipeg Police Half Marathon is set for  
**Sunday May 7, 2017**  
and is preparing for a 13<sup>th</sup> straight sell out.

Save \$10 per person on the Half Marathon and  
\$20 per Relay Team entry. Hurry, early bird rates end on March 19th!

**For registration details go to  
[www.wpshalfmarathon.ca](http://www.wpshalfmarathon.ca)**

## What's your reason to run?

Everyone has their own reasons to run; for some it is the peace and solitude of the road, for others it's the physical challenge and for many it's about remembering loved ones.

And this year, the Winnipeg Police Service Half Marathon is remembering Joanne Schiewe, who was a strong advocate of the annual event as all funds go to brain cancer research. She passed away last August after being diagnosed with Stage 4 brain cancer at 34 years old.

"Over the years, our team of volunteers has been dedicated to providing a great running event but we were sadly reminded about the realities of a cancer diagnosis with the loss of a WPS Half Marathon legend," Race Director Nick Paulet says.

"I just want to remind people of Jo's strength to give her valuable time to raise funds and awareness and also just share how special people like Jo are for any cause."

The WPS Marathon is working with the Canadian Cancer Society again so all funds raised go to brain cancer research and they are dollar matched by the federal government's Brain Canada trust.

"Last year we raised \$120,000, which



CONTRIBUTED

when matched is \$240,000," Paulet adds.

As the event sells out each year, there are now less than 100 spots left in the half marathon, 30 relay spots and 125 spots in the 5K. The marathon is on May 7, 2017.

For more information, please visit [wpshalfmarathon.ca](http://wpshalfmarathon.ca).

## NECK PAIN? SEEK TREATMENT FROM AN RMT

Neck pain can be a lot worse than just a pain in the neck — it can lead to symptoms including jaw pain and headaches — but treatment by a registered massage therapist can help to solve the problem at the source and get you moving again.

Sheila Molloy, executive director of the Massage Therapy Association of Manitoba Inc., says the neck is vulnerable to injuries and dysfunction that can lead to both pain and restricted motion.

"The neck is a flexible narrow struc-

ture which supports a wider and less flexible skull, this makes the neck more vulnerable to injury," she explains.

"Some common causes of neck pain may include; whiplash, jaw dysfunction, reduced or increased spinal curvature, joint or disc degeneration, nerve or spinal compression, repetitive strain injury, incorrect posture and body mechanics or trauma."

Symptoms of neck pain can include tingling and/or numbness in the neck, upper back, shoulders, arms or hands;

dysfunction, pain and stiffness in the jaw, or upper back; decreased range of motion in the neck; headaches and inflammation.

Molloy says a registered massage therapist offers a range of treatments depending on the cause and severity of a patient's specific symptoms including remedial exercise, joint mobilizations, thermal therapy and a variety of massage techniques.

To find a registered massage therapist in Manitoba go to [mtam.mb.ca](http://mtam.mb.ca).



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# Hockey's next frontier

NHL

## NBA serves as a model in expanding a sport in China

When Andong Song started playing hockey in China at age 6, he wore figure skates on his feet and had to use the straight parts of short-track speedskating rinks for practice.

His father brought back equipment from his travels one piece at a time, and his family moved to Canada a few years later so he could pursue a career in the sport. Song, the first Chinese player selected in the NHL draft, envisions a day when that sort of cross-global exodus is no longer necessary for kids growing up in China.

That could be coming soon with the NHL looking at China as hockey's next great frontier. With the 2022 Winter Olympics in Beijing, China is eager to step up its game and the league is intrigued by the potential of a new non-traditional market with 1.4 billion people that might take to hockey like it did basketball.

"It's a place that hasn't had that much of an opportunity to be introduced to what everybody acknowledges is a great game," commissioner Gary Bettman said. "Because of the size of the market and the fact that lots of sports haven't been developed there, it's a good opportunity to expand the sport even further."

This week, Bettman is

expected to announce NHL pre-season games in China between the Los Angeles Kings and Vancouver Canucks, along with grassroots programs to build a hockey foundation where the NBA has laid one for decades. It's the first big step toward the NHL making inroads in China, whether or not players participate in the 2018 Olympics in neighbouring South Korea.

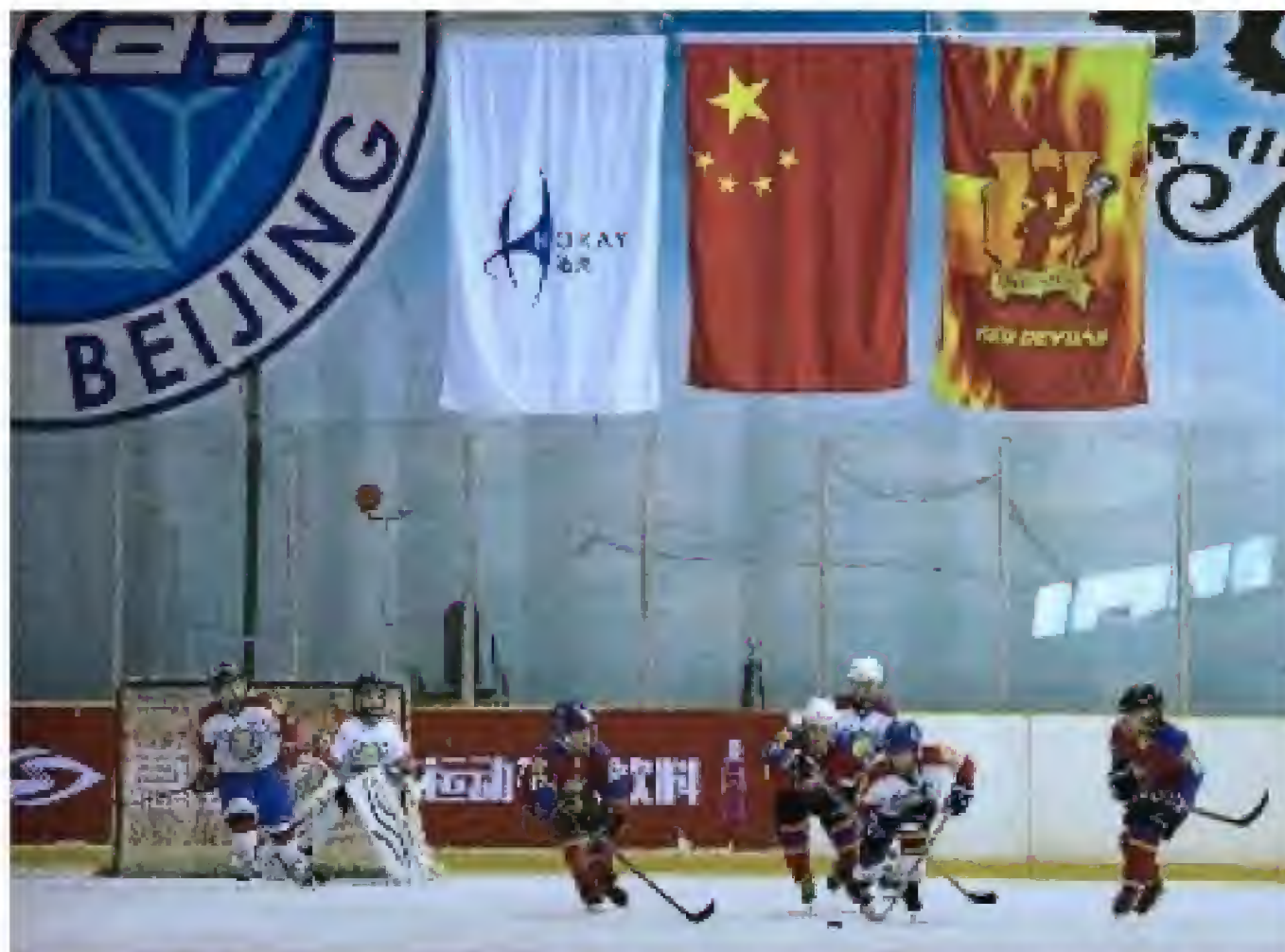
NHL Players' Association executive director Don Fehr said showcasing the NHL, running clinics and getting more broadcast coverage all figure into the long-term strategy. Even though Russia's expansive Kontinental Hockey League now has a team based in Beijing, NHL exhibition games — and potentially regular-season games as early as fall 2018 — will have a bigger impact.

"Even with the KHL there, they know it's not the best league," said Song, a Beijing native and sixth-round pick of the New York Islanders in 2015 who now plays for the Madison Capitols of the United States Hockey League. "They know it's not the NHL."

According to the International Ice Hockey Federation, China only has 1,101 registered players and 154 indoor rinks. Despite having a quarter of China's population, the U.S. has 543,239 players and 1,800 indoor rinks.

**Because hockey is just so passionate a game, is so fast a game, it's so easy to get people to get involved.**

Chinese broadcaster and producer Longmou Li



Players vie for the puck beneath a Chinese flag during a youth hockey tournament in Beijing in February. MARK SCHIEFELBEIN/THE ASSOCIATED PRESS

By October, 14 different NBA teams will have played 24 pre-season games in greater China since 2004, so the NHL has some catching up to do. The Boston Bruins sent an envoy on a Chinese tour last summer that included players Matt Beleskey and David Pastrnak, and Wash-

ington Capitals owner Ted Leonsis recently said his team could be next after hosting youth players from China in January.

"There will be about 200 new rinks being built in China and we would expect China being a very, very formidable force in the Olympics," said Leonsis, who called China the next great hockey market. "And also we'll see that China will be producing players and I would expect that we'll have NHL players that were born and trained, just like we've seen in the NBA, and China will be able to bring

players here."

The NBA gained popularity in China in part due to Yao Ming, the first pick in the 2002 draft. The NHL is going into China hoping to develop homegrown stars. Chinese broadcaster and producer Longmou Li, who has worked the Stanley Cup Final and helped families move to North America for hockey, said 500 to 600 new families are joining the Beijing Hockey Association each year, which could mean churning out an NHL first-round pick every five to six years. THE ASSOCIATED PRESS

## Canadian clubs make great gains in 2016-17

The embarrassment of an empty Canadian spring in the NHL has been wiped away.

Canadian teams have made huge strides from last season, when all seven squads missed out on the playoffs for the first time since 1970. In fact, five of the seven biggest leaps in points from last season to this season are projected to come from Canadian clubs, with the second-biggest coming out of Edmonton.

Projected point gains from last season (entering Monday's action):

1. Columbus Blue Jackets - 38
2. Edmonton Oilers - 29
3. Toronto Maple Leafs - 25
4. Montreal Canadiens - 20
5. Calgary Flames - 19
6. Minnesota Wild - 17
7. Ottawa Senators - 15
- T-10. Winnipeg Jets - 3
- T-17. Vancouver Canucks - minus-1

Which teams are due for the biggest dips from last season?

30. Colorado - minus-34
29. Dallas - minus-29
28. Florida - minus-18
27. Los Angeles - minus-17
26. Detroit - minus-13

THE CANADIAN PRESS

**81**

The Jets are projected to finish with 81 points this season, three more than in 2015-16.

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## IN BRIEF

**Hockey Canada downsizing ice surfaces for youngsters**

Hockey Canada says it will make it mandatory that children (ages 5-6) getting their introduction to the

game play on reduced-size ice surfaces.

"We've coined the phrase, 'Decrease the space, increase the pace.' It does make all players better,"

said Paul Carson, Hockey Canada's vice-president of membership development.

The mandatory policy will take effect for the 2017-2018 season. THE CANADIAN PRESS

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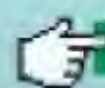
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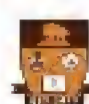
**\*FLUENT english is a must!**



Contact: **Amber Pruden**  
Phone: 204-943-4952 ext. 6  
Email: [amber.pruden@imkgp.com](mailto:amber.pruden@imkgp.com)

MARKETING

## COMMUNITY STUDY



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SASKATCHEWAN

**BEREAVED CAREGIVERS STUDY**

Universities of Manitoba and Saskatchewan are looking for volunteers to partake in a study aiming to support bereaved caregivers on their journey in grief through the use of self-administered writing exercises and a series of one-on-one interviews.

**We are looking for people who:**

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- had a spouse with dementia die 3 months ago or longer

Contact Research Nurse **Chloe Shindruk**  
204-787-4932 • [umshindr@myumanitoba.ca](mailto:umshindr@myumanitoba.ca)

# Masters: Day may not play

## GOLF

## Prognosis of Aussie star's ill mother will be deciding factor

PGA Tour star Jason Day expects to arrive in Augusta, Georgia, on Friday to start practicing for the Masters, but said he could still pull out of the season's first major, depending on his mother's prognosis following surgery for lung cancer last week.

"Obviously, I'm still nervous because we're still waiting to see, if it has spread or not," said Day, who spoke Monday on a video conference set up by organizers of the PGA Tour's Zurich Classic in late April. "From there, we have to kind of come up with a game plan whether to go chemo — a form of chemo radiation — or something else."

"It's still kind of a bit of an emotional time for me," added Day, whose father, Alvin, died of cancer when he was 12. "Obviously, I've been hanging out with my mom a bit and seeing her and she's recovering well. She's a tough lady, but it's hard because I look at her and she's on the pain killers and all that stuff, what she needs to do to recover. But I can't help but think of my dad when I see her in that situation."

The world's third-ranked golf-



Australia's Jason Day cried at a press conference after withdrawing from World Golf Championships-Dell Technologies Match Play due to his mother's illness. MATT HAZLETT/GETTY IMAGES

er revealed that his mother, Dening, has cancer after withdrawing from the Dell Technologies Match Play in Austin, Texas, last Wednesday. Day has said the initial diagnosis came in Australia at the beginning of this year and that she had scheduled surgery in Columbus, Ohio, late last week.

Day said Monday that doctors deemed the surgery successful, and now the family awaits results of tests to see if cancer is present in Dening Day's lymph nodes.

"My mom told me not to worry about it," Day said. "It's

hard to do that. It's easy to say but it's really, really difficult. So currently I'm scheduled to play Augusta but if things don't come back the way we want them, I don't know what's going to happen."



**If things don't come back the way we want them, I don't know what's going to happen.**

Jason Day on his mother's forthcoming prognosis.

Day said he "hasn't touched a golf club at all" in the days since joining his mother in Ohio last week.

"It's very, very difficult to even think about playing golf when a loved one is going through such a traumatic experience," Day said.

THE ASSOCIATED PRESS

## IN BRIEF

**Snowboard star McMorris badly injures himself in B.C.**

An accident on a snowboard jump in British Columbia's backcountry has hospitalized Canadian snowboarding star Mark McMorris.

A medal favourite at next year's Winter Olympics, McMorris is recovering in a Vancouver hospital from a broken jaw, broken arm, ruptured spleen and a collapsed lung among other things. THE CANADIAN PRESS

**Senator weigh in on USA women's hockey boycott**

Fourteen U.S. senators, all Democrats, wrote a letter to USA Hockey's executive director Monday over their concerns about the treatment of the women's national team.

Players have threatened to boycott the upcoming world championships over a wage dispute. THE ASSOCIATED PRESS

**McLeod back from injury**

One year on from suffering a third serious knee injury, veteran Canadian goalkeeper Erin McLeod is back.

The 34-year-old was on the bench last week for the first leg of FC Rosengard's UEFA Women's Champions League quarter-final against Barcelona. The second leg is Wednesday in Barcelona where McLeod's Swedish team will look to erase a 1-0 deficit. THE CANADIAN PRESS

**Game ban for Sharks' Haley**

San Jose Sharks forward Micheal Haley has been suspended for one game without pay for punching Nashville forward Calle Jarnkrok.

Haley was assessed a match penalty Saturday when he retaliated after being hit from behind into the boards by Jarnkrok.

THE ASSOCIATED PRESS



# Fresh Butternut Squash and Black Bean Quesadilla



PHOTO: MAYA WISNIE

**Ceri Marsh & Laura Keogh**  
For Metro Canada

We've never met a lunchbox that doesn't love a quesadilla.

## Ready in 1 hour

Prep time: 10 minutes  
Cook time: 50 minutes  
Serves 4

## Ingredients

- 5 cups butternut squash, peeled and cubed
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- 1 tsp chili powder
- pinch of salt and pepper
- 1 Tbsp olive oil
- 1 x 14 oz can black beans, rinsed
- 2 cups grated cheddar cheese
- big handful of cilantro, chopped
- 8 tortillas

## Directions

**1.** Preheat the oven to 350 degrees. In a large bowl, toss squash with spices and olive oil until well coated.

**2.** Spread evenly on baking sheet and place in oven for 20 minutes.

**3.** Remove from oven and add beans to baking sheet. Give everything a stir and again, spread evenly on the sheet. Place back in oven for 20 minutes.

**4.** Drizzle a bit of oil in skillet over medium heat. Place a tortilla down and spread 1/4 of the squash and bean mixture to the edge of the tortilla. Sprinkle 1/2 cup of grated cheese and then a bit of cilantro. Top with another tortilla. Place a plate on top and press down firmly. Cook about five minutes until tortilla is golden and cheese is beginning to melt. Carefully flip quesadilla over and cook another five minutes on the other side. Repeat with the rest of your tortillas and squash.

**5.** Cut cooked quesadilla into quarters and serve with guacamole, sour cream and salsa.

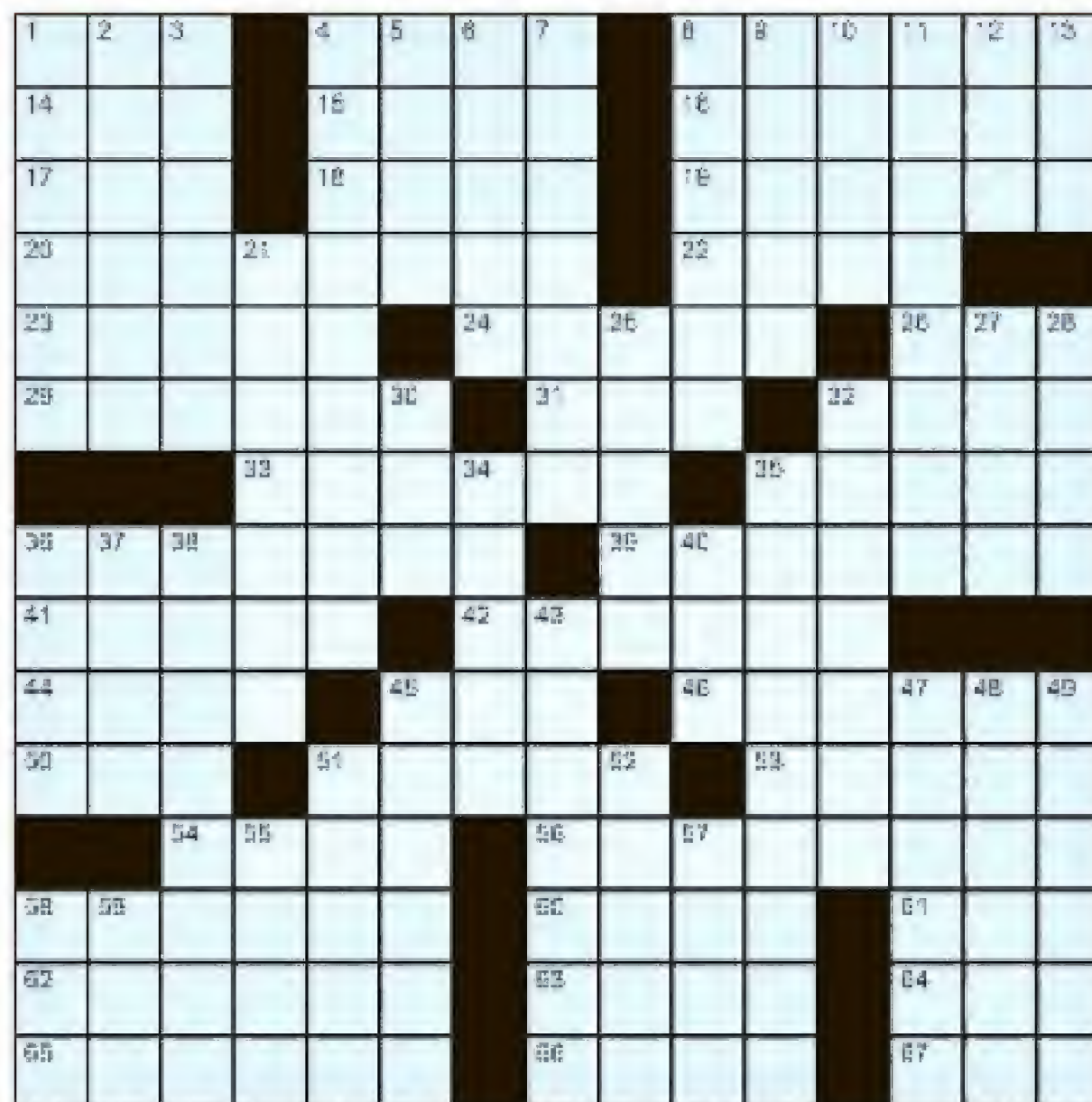
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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. "The \_ Diary" (2011)  
4. Montreal Canadiens, to fans  
8. Talkative  
14. With \_ (How #49-Down's answer begins)  
15. Not well-y  
16. British actor Hugh of "House"  
17. Canuck financial inst.  
18. Bob \_ (Former anchor on "Entertainment Tonight")  
19. Broken, as promises  
20. Alberta: Paddle River town northwest of Edmonton  
22. Raised flatland  
23. Nonpareil  
24. Unstable, like a boat in rough waters  
26. Dance style  
29. Named/designated  
31. Weep  
32. Canadian contractor Mr. Holmes  
33. "That very well may be...": 2 wds.  
35. Group ruled by Odin  
36. Ohio, The \_ State  
39. Component  
41. "I'm with You" singer Ms. Lavigne  
42. From Sea to Sea: A Mari Usque \_ (Canada's motto)  
44. No, in Germany  
45. Grand \_ (Wine classification)  
46. Boss, head \_  
50. Suffix with



## DOWN

2. "Euclid"  
51. Wine holders  
53. Fender guitar, familiarly  
54. "Star Trek II: The Wrath of \_" (1982)  
56. Northeastern Alberta town: 2 wds.  
58. Soundless  
60. Mike's "Wayne's

- World" (1992) co-star  
61. Handheld mobile device (acronym)  
62. Exaggerate  
63. "Hypn" suffix  
64. "I-i-o-k-y!"  
65. Professor's preparation  
66. Distribute the

- divisions  
67. Gr. that kidnapped Patty Hearst

## DOWN

1. Bunny  
2. Not yet fabricated  
3. Pier anchorer  
4. "Gateway to the South" town in northern

- Alberta: 2 wds.  
5. Scooter-of-skin succulent  
6. Lamb's utterance  
7. Representatives, such as in business transactions  
8. Like hand-fuls of soil  
9. Mr. \_ (Schemer)

- on classic sitcom "Green Acres")  
10. Diving birds  
11. Scholar's essay  
12. Pencil part  
13. Nevertheless  
21. Baking/serving bowl  
25. Preamble  
27. Similar  
28. 2in1 hair care brand  
30. Susan of "L.A. Law"  
32. Movie of 2000 for Australian actor Guy Pearce in which Vancouver-born actress Carrie-Anne Moss also starred  
34. Approaches  
35. Division of Canadian firm Bombardier Inc  
36. Scourge  
37. Iris's place  
38. Sounds like walked-upon dry fallen leaves  
40. "Well, \_-di-dah."  
43. Cambridge, for Prince William  
45. Uri, for William Tell  
47. "Sheesh!"  
48. Baroque composer of the oratorio Messiah  
49. By Ward Market city  
51. \_ \_ attitude (Positive person's asset)  
52. Writing tablet  
55. His "n" \_  
57. Work with needles and yarn  
58. Pine \_ (Cleaning product)  
59. "You're All \_ Got To-night" by The Cars

# \*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Put a lid on things today, because it's easy to get out of control since you are more emotional than usual. In fact, you are intense and a bit over the top! Easy does it.

**Taurus** April 21 - May 21  
Today you might do a slow boil about something behind the scenes, because you are quietly annoyed. The problem is that you cannot speak up. This is always frustrating.

**Gemini** May 22 - June 21  
Be patient with a friend today, or with someone who is a member of a group to which you belong. There's no point in fighting with someone. What's the upside?

**Cancer** June 22 - July 23  
You are high-viz today and extremely focused on something related to bosses, parents or some kind of authority figure. Don't get carried away.

**Leo** July 24 - Aug. 23  
Avoid subjects like politics, religion and racial issues today, because these are too touchy. Your response to others will be too emotional.

**Virgo** Aug. 24 - Sept. 23  
Disputes about shared property, inheritances, wills and insurance issues might arise today. If so, you will have strong feelings about something. Just remember your objectives.

**Libra** Sept. 24 - Oct. 23  
You will have to go more than halfway to get along with others today. Just accept this and be cooperative. Make your life easier.

**Scorpio** Oct. 24 - Nov. 22  
Avoid arguments with co-workers today, because people are opinionated and pushy. Save your bright suggestions for another day. You'll be glad you did.

**Sagittarius** Nov. 23 - Dec. 21  
Parents might be challenged by hissy fits and meltdowns from their kids today. Be patient and loving. Likewise, romantic partners will have to be easygoing in order to avoid fights.

**Capricorn** Dec. 22 - Jan. 20  
Your desire to make some improvements at home could be met with resistance. Don't be too pushy. In time, you will get your way. If you push too hard today, you only will increase opposition.

**Aquarius** Jan. 21 - Feb. 19  
Today you are more emotional than usual, especially during your discussions with siblings and relatives. Try not to let your feelings get in the way of your common sense.

**Pisces** Feb. 20 - March 20  
If shopping today, you will be obsessed with buying something: "I have to have it!" Be careful. Don't do anything you will regret later.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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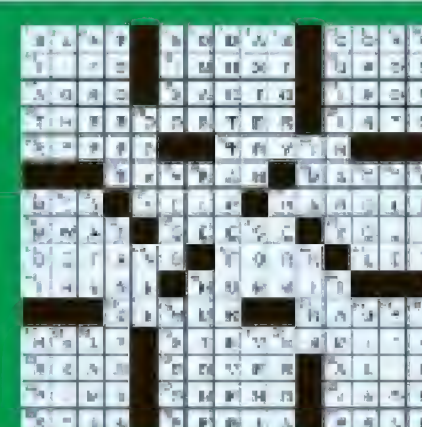
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## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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